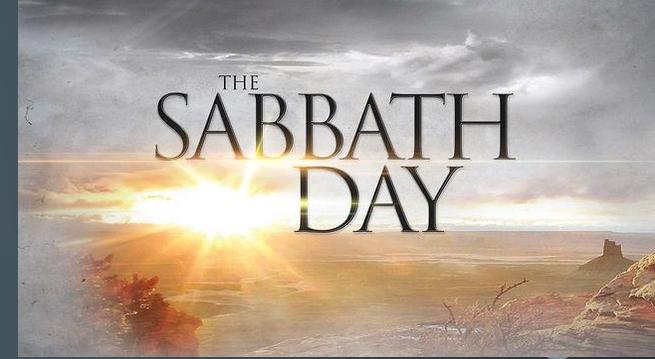




RESTING IN CHRIST 4TH COMMANDMENT

EXODUS 20:8-11

CONFUSION ON SABBATH



- There are so many different **understandings** of sabbath within the Evangelical churches alone, beside the Jewish and Catholic belief on top of all that...
- Should we gather on Saturday or Sunday? Can we work on Sunday? Is Sabbath and the Lord's day the same thing?
- We shall approach this topic from both the Biblical and practical point of view, to see how we should honour God.

SABBATH IN THE OLD TESTAMENT



- (Gen. 2:1-3) God set an **example** for us to rest on the 7th day and make it **holy** (clean, appointed) (ill: French Revolution)
- (Exo. 20:8,11) “Sabbath” means to **cease** or intermission. God gave a longer explanation because it is not as obvious like the other commandments, not because it is more special.
- (Exo. 16:21-30) It was meant to be a **blessing**, not a burden. But quickly people started focusing on the restrictions instead.

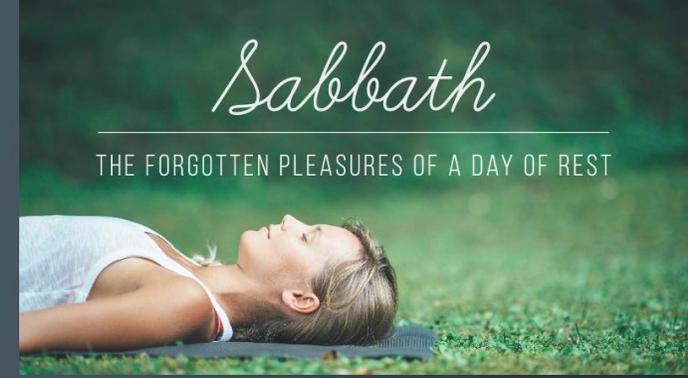
Happy Sunday



SABBATH IN THE NEW TESTAMENT

- Jesus never violates the 4th commandment, He just has a **different** (and full) understanding of the commandment (Matt. 5:17-18; Mark 3:1-6)
- (Mark 2:23-28) He is the Lord to be honoured
- After the resurrection, the early Christians gathered on **Sunday** instead (Luke 24:1; Acts 20:7; 1 Cor. 16:2)
- (Rom. 14:5-6) We don't have a specific time or date of the week for resting in the Lord. But we must rest.

SHADOW OF THE THINGS TO COME



- (Col. 2:16-17) “substance belong to Christ” so what is the substance?
- (Col. 3:1-4) We are called to **seek God**. Sabbath is not just a day of rest, it is also a day of seeking God and **honouring Him**
- (John 1:17) The substance is **Christ**. We are to honour God and draw closer to Him in our day of rest.

WE CAN REST IN GOD



- So how should we **practice** the 4th commandment today?
- **Once a week** we must take time to rest before God
- First of all, we can trust in the finished work of Christ on the cross. We can rest in God's salvation plan (Psalm 23).
- (Matt. 11:28-29) We are called to rest with Christ, knowing that He will not give us a **burden** that we cannot bear.

CONCLUSION—STRIVE TO REST (HEB. 4:1-11)

- There is no contradiction in terms (v.11). It is **hard work** to rest.
- First, do we **trust** God's promises? Are we anxious? (Phil. 4:6-7)
- Second, do we **rely** on Christ instead of on our own understanding? (Prov. 3:5-6)
- Third, do we actually **obey** God? (Heb. 4:6, 9) There is no rest for God's people who do not follow God's will or His plan.
- Fourth, do we follow God's example to **plan our work** so that we can have time to rest? (Gen 2:1-3)